

SPOKE

Conestoga College, Kitchener

JULY 26, 1999

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CRTC approves college FM station

By Brian Gall

A new campus FM radio station which college president John Tibbits calls a "cornerstone" for a school of communications has been approved by the Canadian Radio-Television and Telecommunications Commission (CRTC).

The station, to be located at 88.3 MHz on the dial, will transmit from the Global TV tower in Paris.

It will reach about halfway to Toronto and London, south over Lake Erie and north about two hours, past Fergus.

Tibbits said the approval is big news and will increase the college's profile. Calling it a great asset, he added the new station will be a building block for future students.

"I think it will allow us to build a school of communications. It will be an excellent cornerstone to do this."

Though specific discussions about a start date have not taken place, there is a possibility that the station could be in operation by spring of 2000.

Pat St. John, vice-president of Conestoga's Centre for Communication Studies, said the

station is more likely to start in the fall semester when more programs begin and the student population is higher.

"The other part of it is we need three to four months to train students because the new campus FM station will not just be for students in communications programs," he said.

Training courses will be available for Conestoga students as well as members of the community.

St. John, who has spent 25 years in communications and been

involved in about 15 application approvals, said the announcement for Conestoga is especially exciting.

"It is not for shareholders and it's not for an owner, it's for the college, for the students at large. I've never done that before."

Before the station can begin operations, faculty must decide how to incorporate training into college programs, St. John said.

"They (faculty) were consulted going in, but we weren't going to

sit down and actually put the details together until we had the licence because it will take a significant amount of time to pull it together."

St. John said the approval of the station will upgrade and strengthen all communications programs at the college, but it is hard to say whether the station will attract more applicants to Conestoga. He said there are already about 550 applicants for 30-32 positions in the broadcast/radio and television program.

"We have an excellent quality of students now. It may push the standards even higher."

Also slated to work on the station are journalism students and

people from the community.

According to the official CRTC decision, announced July 17, the licence expires Aug. 31, 2001. When the college has completed construction and is prepared to commence operation, it must advise the commission in writing.

If the station is not constructed and ready to start within 12 months of the announcement date, extensions may be granted, provided the college applies in writing to the commission before the 12-month period, or any extension of that period, expires.



"The other part of it (the starting date) is we need three to four months to train students because the new campus FM will not just be for students in communications programs."

Pat St. John,
vice-president of Conestoga's
Centre for Communication
Studies

Just a sideline job



Robert Santos, maintenance worker at the Kenneth E. Hunter Recreation Centre, paints the sidelines on the soccer field July 14.

(Photo by Andrea Jesson)

Financial aid office busy with applications

By John Oberholtzer

Over 1,100 student loan applications for the fall have been processed this summer, said Carol Walsh, Conestoga College's financial aid administrator.

Walsh expects that by September, the number will have reached 1,800 and another 700 students will apply for aid during the school year.

While most students apply for loans prior to the fall semester, Walsh said some fail to make their money last the entire year.

"We have students applying for OSAP right at the deadline, just 90 days before the end of the winter semester," she said. "They run out of money and realize they're not going to have enough to get through their last semester."

Students can apply for loans in the first 45 days of the fall semester and still receive funding for the entire year, she said.

Students receiving loans must pass 60 per cent of their course load. If not, Walsh said, they receive a letter of probation and must complete their next semester or risk losing funds for a year.

"And they (ineligible students)

can't just go away for a year and come back," she said. "They actually have to go to school."

She estimates that students who receive full OSAP over a three-year program will graduate \$21,000 in debt.

Walsh usually gives a one-hour presentation on student debt to first-year students in the strategies for student success class, and also talks to high school students.

Walsh sees co-op programs at Conestoga College as a way to ease money problems.

"All of our business programs are going co-op this year and we've had (co-ops) running for some years in the robotics and automation program and the woodworking technology program."

Students in the robotics program can earn around \$7,000 in a 16-week work placement, she said, while students in the electronics program can go out on a total of four different work terms. When asked if money problems keep some people from attending college or university, Walsh said,

"As far as Conestoga College is concerned, nearly all of our programs are full."

Father essential in development of daughter's sense of worth

Anyone can be a father but it takes a special kind of man to be a dad.

A dad is someone who plays an active and loving role in his child's life. Someone who makes daily sacrifices to ensure his child is happy. And places his child above all other things that occur in the hectic schedule of everyday life.

These are the fathers that deserve being celebrated one day a year. They have earned all of the presents, cards and cakes given with love on Father's Day.

Sometimes the importance of being a father goes unnoticed, but a recent University of Waterloo study has found that a father's role in the development of a girl's sense of self-worth is crucial.

The honours thesis project, done by psychology student Tanya Scheffler, concludes that fathers play an extremely important part in the development of a girl's self-esteem, her ability to form close emotional bonds with others and her comfort with her own sexuality.

Scheffler's conclusions were gathered from a questionnaire that examined the degree to which a



Michelle Lehmann

woman's perception of her father's love and acceptance influence the kind of woman she will become.

I am fortunate that my dad has always been a huge part of my life.

He has always told me that I can do whatever I set my mind to. He encourages me, supports my decisions, helps me whenever he can but most of all he loves me completely and unconditionally.

He forgives my mistakes like the

Sometimes the importance of being a father goes unnoticed but a recent University of Waterloo study has found that a father's role in the development of a girl's self-worth is crucial.

time I got into a car accident weeks after getting my licence. And he gave me a second chance by letting me drive the next day.

He has always been there for me, even for simple things like giving me \$10, leaving work to take me to the hospital when I broke my leg or putting the worm on my

hook when he takes me fishing.

The study does not mean that a mother's role is not important in the development of women and that is certainly true in my life.

Both of my parents have had an enormous impact on my life. Over the years, they have become extremely influential role models.

My dad has helped me to find the humour in life even when things appear dreary. He has shown me that through hard work and determination you can succeed. And he has stressed the idea that if you want to make things happen you must accept the challenges life throws at you.

My mom is equally important in my life.

She has convinced me that it is OK to cry or yell or whatever, as long as you communicate your feelings.

She has taught me never to settle for second best and to always believe in myself.

Because of my parents, I have developed a solid sense of security about myself and know that I am a worthwhile person.

I can see how a parent, especially a father, can play such an essential role in a daughter's life.

In the end, my father may not be a millionaire, an actor or a scientist but he's my dad and I wouldn't want it any other way.

Owners of Jet Skis should be held responsible for watercraft accidents

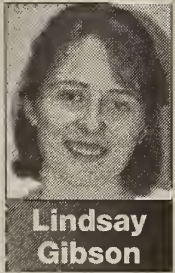
A nine-year-old Waterloo girl died July 16 after a Jet Ski watercraft accident on Six Mile Lake, leaving the rest of us to wonder why she was ever driving it in the first place.

The Waterloo girl was riding with an 11-year-old passenger on the back when her craft and another personal watercraft carrying two 14-year-old girls, also from Waterloo, collided.

The three other girls held the injured girl's head above water until help arrived.

It has been illegal for anyone under the age of 16 to operate a personal watercraft under new federal regulations introduced April 1, 1999.

This incident should never have happened. Any young child would



Lindsay Gibson

jump at the chance to ride a Jet Ski watercraft, and why wouldn't they?

But, just like with snowmobiling in winter, far too many people are careless and someone has to pay. In this case it is the little girl and her family.

Unfortunately, the fine for letting a minor drive a personal watercraft is only \$250. That charge is a crime in itself.

The problem arises when we look at who should take the blame. In my opinion, the onus is on parents to keep their children safe.

However, the owner of the Jet Ski watercraft is also responsible for the tragedy, and should be

charged. Unfortunately, the fine for letting a minor drive a personal watercraft is only \$250. That charge is a crime in itself.

Watching the news and hearing what cottagers in the Muskoka area had to say about the horrible accident really raises a lot of questions.

I don't know about you but I have never met a nine-year-old girl big or strong enough to hold firmly onto the handles of a Jet Ski watercraft and steer comfortably at the same time.

There are reasons these laws are put in place, and I think the fine a Jet Ski watercraft owner faces should be stiff enough to make them think twice before allowing youngsters to drive them.

It is the responsibility of the owner to know the rules and to abide by them.

Unfortunately, due to the carelessness of all involved, a young girl is dead and a family devastated forever.

Bar butt-grabbers have to be told

On a hot Monday night in early July, Corinne Branigan, an attractive 30-year-old woman, set out to do her laundry down the street from her Parkdale home in Toronto.

Nearing Roncesvalles Avenue, the woman was taunted by a group of boys on bicycles. She told the teens, who were between 18 and 19 years old, to leave her alone and she continued on her way.

That's when the boys started yelling profanity at her.

After finishing her laundry, Branigan headed

straight for the group of boys who had called to her earlier.

She hit Jason Batisse with a left hook to the face and a couple of kicks to the groin. Batisse then threatened Branigan with a broken bottle.

At least that's what Branigan, now known as the "Kickin' Vixen", said happened.

Batisse said the boys said "hi" to her as she passed by. He said it was two other guys that started shouting lewd comments and whistling at her.

Batisse also said that he had to use the broken bottle to scare Branigan away after she hit him.

Hmmm? Sounds like a pretty tough case to me. Who would you believe?

A bunch of immature boys who had nothing better to do than to sit in a park and, supposedly, just say "hi" to a pretty woman that went by or a grown woman who just wanted to do her laundry and go home?

To me the answer is easy.

Branigan was obviously ticked off for a good reason. Branigan said this wasn't the first time she has been verbally assaulted by different men



Lesley Turnbull

in her neighbourhood. A bunch of boys made comments to her and she decided not to take it anymore.

But the issue here is not who is telling the truth. It is whether Branigan should have assaulted one of her assailants.

I applaud Branigan for taking a stand and not letting them get away with verbally assaulting her. In fact, this story made me feel disappointed in how I handled a situation that happened to me just days before I read Branigan's story.

A couple of my friends and I went to Loose Change Louie's in Waterloo on a Thursday night to have a little fun.

While dancing together, I was grabbed in the butt, not once but twice by a 5'2", gel-slicked, rat-faced boy who took it upon himself to inspect my merchandise.

The first grab was quite light and I didn't really realize what had just occurred but it was met with a firmer grab of my right cheek and then I knew what happened. Instead of using some of my newly acquired Tae Bo skills, I told one of my friends who usually acts as my bodyguard at the bar what had just happened. She pulled me from my spot, gave the boy a dirty look and began to dance where the incident took place. Hey, at least she did something about it.

Looking back on the incident now, I think I should have taken a tougher stance and given him a good shove or a sharp kick to his shin.

I know that if I had reacted aggressively, it wouldn't have been a punch to the face or a kick to the groin.

Don't get me wrong, I do believe what Branigan did was right but maybe it was a little harsh to kick someone so young in a place so vulnerable.

Finally, a strong young woman took a stand and let someone know that what they were doing was wrong.

I wish I had done the same.

SPOKE

Keeping Conestoga College connected

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Editor: Lindsay Gibson; News Editor: Chadwick Severn; Student Life Editor: Andrea Jesson;

Issues and Activities Editor: John Oberholtzer; Photo Editor: Anna Sajfert

Production Manager: Lesley Turnbull; Advertising Manager: Michelle Lehmann

Circulation Manager: Adam Wilson; Faculty Supervisors: Jerry Frank and Christina Jonas

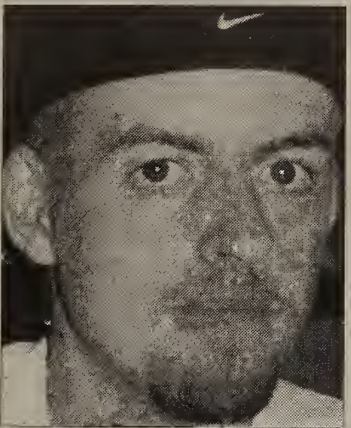
SPOKE's address is 299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4.

Phone: 748-5366 Fax: 748-5971 E-mail: spoke@conestogac.on.ca

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Daniela Valenzuela, first-year general business, would travel to Europe.



Mike Clark, contractor for Miller's Electric Ltd., would buy a cottage.



Matt Gunzel, second-year robotics and automation student, would pay off debts.

Campus dream weavers find \$1 million doesn't go far

Story and Photos By
Andrea Jesson

"If I had \$1 million" ran through the minds of many dream weavers on Doon campus July 15, but they said they wouldn't buy a K-car, a fur coat or John Merrick's remains. Most were interested in the luxuries of life such as expensive foreign cars, elaborate vacations and exquisite homes.

Out of 15 individuals randomly chosen at the college, only two said they would give some of the money to charity.

The rest dreamed about how they would spend the million to benefit themselves.

Diane Santos, media relations technician at the Kenneth E. Hunter Recreation Centre, said after paying off her student loan, buying a new car, moving out of her mother's house and throwing the biggest party ever, she would give the rest of the money to AIDS and cancer charities.

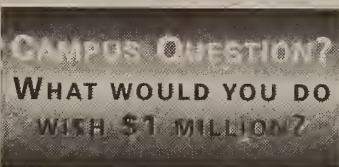
On the other hand, Gary Stevenson, woodworking and technology student, said he would invest his money where it would mature.

"I'd buy a strip club and a bar, make more money, have fun with it and party with my friends," said Stevenson.

But Dave Kipp, also a woodworking student, said he'd be interested in pursuing his flying hobby and would buy a plane after giving some of the money to his folks.

Matt Gunzel, a second-year robotics and automation student, said he would also do something for his parents after he took a vacation, paid off his debts and bought a new car and a house.

"I'd keep my really crappy part-time job to piss everybody off," said Gunzel. "But if I had \$50 mil-



"I'd keep my really crappy part-time job to piss everybody off...But if I had \$50 million, I'd buy some islands."

*Matt Gunzel,
second-year robotics and
automation student*

"I'd go to Paris."

*Keri Halliday,
former graphic design student*

"I'd open a pharmacy to help people get drugs."

*Rich Fedy,
woodworking and technology*

lion I'd buy some islands."

Gunzel wasn't the only one who felt \$1 million wouldn't go very far. David Shepherd, a second-year computer electronics engineering student, had high expectations for his million.

"I'd give half of it to the free software foundation and with the other half I'd start up an anti-Microsoft charity," said Shepherd.

Some students, however, said

they'd follow more radical dreams.

"I'd open a pharmacy, to help people get drugs," said Rich Fedy, woodworking and technology student.

Just as ambitious, second-year robotics student Joel Awde said he'd buy a cattle and dairy farm.

Some found that the million would help them escape reality. Mike Clark, a contractor for Miller's Electric Ltd., said he'd use the money as a chance to get away from the city.

"I'd move up north to get away from everything and buy a cottage way out in the bush," he said.

As far as forgetting reality, Rob Welk, also a contractor for Miller's Electric, Karey Schnitker and Daniela Valenzuela, first-year general business students, said they would quit work and school and travel to parts of Europe.

Not surprisingly, world travel was a popular choice for most people. Jim Cumming, Microsoft systems engineering student, said he'd leave the city and go to Australia after buying a car and a house. However, others had specific cities where they wanted to spend their million.

"I'd go to Paris," said former graphic design student Keri Halliday.

Rob McIntosh, a third-year electronics engineering student, said he would be the first student to retire as soon as he got his diploma.

"I'd buy a house, a car and invest the rest," said McIntosh. "I should be able to retire on the interest, especially with no mortgage."

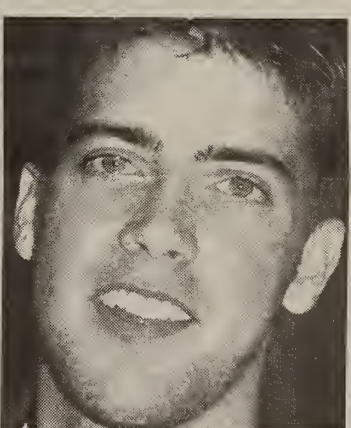
As far as first-year general business student Vanessa Frei is concerned, she would continue in school, but would be pulling into parking lot 11 everyday in her Hello Kitty car from Japan.



Vanessa Frie, first-year general business, would continue her studies, but with a new car.



Diane Santos, media relations technician for the rec centre, would give money to charity.



Dave Kipp, woodworking and technology student, would buy a plane.

Canadians making Frisbee history

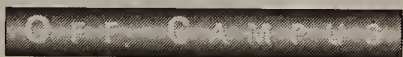
By Adam Wilson

More than 100 human resource centres for students from Yellowknife to Fredericton participated in a National Youth Employment Frisbee Challenge on July 16.

An estimated 10,000 participants, between the ages of six and 50, were expected to take part in the event that was held across Canada. Under the National Youth Frisbee Challenge, members of the community were expected to throw and catch Frisbees for three minutes. The participants were arranged in lines, facing each other, no less than 50 feet apart. The objective of the toss was to have as many Canadians throwing Frisbees as possible, with the total number of participants serving as the first entry for the new category created by the Guinness Book of Records organization.

"We actually didn't break any records, we set the first record for the new category," said event co-ordinator Amy Robinson.

The Kitchener-Waterloo event took place at Victoria Park by the clock tower July 16 from 11 a.m. until 3 p.m., with the actual world record attempt taking place from noon to 12:03 p.m.



Along with the Frisbee toss, there were lots of other events taking place during the afternoon, including a barbecue, free face painting and a man making balloon animals for children. There was also a concert featuring some local bands such as Wax Elvis and The Matt Osbourne Band, and special appearances by Ranger Tex, the Kitchener Rangers' mascot, and the Moose from Moose Winooski's, a restaurant at Kitchener's SportsWorld.

"We actually didn't break any records."

*Amy Robinson,
event co-ordinator*

In order for the Frisbee toss to qualify as a Guinness record, the Human Resource Centres of Canada for Students required local media and political dignitaries to serve as official sources of surveillance. Lynn Meyers MP, Wayne Wettlaufer MPP, Waterloo Mayor Joan McKinnon and a represen-

tative for MP Karen Redman were on hand as judges for the event.

The student centre program has been operating for over 30 years and helped more than 190,000 students across Canada find jobs last summer.

The purpose of the National Youth Employment Frisbee challenge is to generate awareness of youth employment issues on a national level. The structure of the event embodies the principle of the entire program, which is getting all members of Canadian society to work together as a team to achieve a common goal. While the immediate goal was to launch a world record, the long-term goal was to generate awareness of the program and youth employment issues.

The program has 360 points of service across Canada. All services are free for both students and employers. Some of the services available are job postings, information sessions, individual assistance, summer employment programs, resources and referral services.

If you would like more information about the Youth Employment Strategy call the Youth Info Line at 1-800-935-5555 or visit their Web site at www.youth.gc.ca.



Alfred Bone, co-ordinator of Moose Winooski's, took part in the Frisbee challenge with the Winooski mascot.

(Photo by Adam Wilson)

Correction

In a July 12 story entitled Government Gives \$266 Million to Research and Development, Mohamed Hamoodi's name was misspelled. Spoke regrets the error.

K-W hosts Ontario Games for the disabled

By Linda Wright

Although they spoke different languages, the athletes at Albert McCormick arena on July 16 shared the same dream of becoming a world champion.

Kitchener-Waterloo was 1999 host to the Ontario Games for the Physically Disabled.

Athletes from Canada, the United States, Spain, Netherlands, Australia and Austria were representing their countries. The Games included golf, precision bocce, powerlifting and track and field.

One of the competitors, Edie Jones from Tampa, Fla., was competing in blind powerlifting.

She has been competing in the games for six years in the squat, bench press and dead lift categories.

Jones and the other athletes were staying at Wilfrid Laurier University. She said the food, the room and the people were excellent.

"It's nice to have an air-conditioner in the room," she said, even though the weather here is like a cold front compared to Tampa.

Just because the competitors are blind doesn't mean they get special treatment.

The rules that apply to the International Powerlifting Federation (IPF) are the same rules that are followed for the disabled athletes in the International

Blind Powerlifting Federation (IBPF).

There are three levels of blindness, which are B1, B2 and B3. B1 is totally blind; in B2 you can see shapes and objects with narrow sightedness and some light perception; in B3 you have 10 per cent vision or a narrower field of vision, which is wider than B2.

"Instead of seeing through a pin hole, you can see through a toilet paper roll," said Robert Truchon, six-time world championship record holder in the bench press category.

As well as not being able to see very well, blind people encounter additional problems such as trouble balancing and depth of perception. One obstacle blind people have in common with their able-bodied counterparts is weight.

Before competing there is a weigh-in and the athletes have to be a certain weight for their category.

Truchon, who is from North Bay, said to get into shape he has to lay off the pizza and beer a week prior to the games. If he's overweight, he has to sit in a sauna, or sit in his van and sweat it off.

As an example of how ridiculous the sport can get, Truchon told a story that happened in the United States a couple of years ago. Two university students, who were in a weight-lifting competition, went to extreme measures in order to lose weight quickly. The students



Todd Fayta, from Michigan, practises before the powerlifting competition begins for the Ontario Games for the Physically Disabled.
(Photo by Linda Wright)

wore sweat suits that didn't allow their skin to breathe and kept them sweating. As a result, the two (students) became dehydrated and died.

Truchon doesn't think the sport is worth dying for. The most he ever did was skip breakfast or cut a few meals, he said. Another area of concern in the Games is drugs.

Drug testing is mandatory at the Games because the standards are the same as other Olympic-recognized sports. While waiting for the

drug tester to come from Ottawa, Anthony Young, a five-time world championship record holder, from Queensland, Australia, and his son, Daniel, were walking around the arena.

"There's a lot of rivalry around here," said Young, who has lifted as much as 628 pounds. Daniel thinks his dad is all right. "He just keeps on winning," he said, as he handed his dad an orange juice bottle that he couldn't manage to get the lid off.

Daniel said he likes weights, but

prefers soccer. It was the first time Daniel has been to Canada and he was helping out with the games.

Joining Young and his son was Young's coach Ian Fowler, national executive director of the Australian Blind Sports Federation. Fowler was happy that the games were in Canada because everything was so well organized and the people were so friendly, he said. The hospitality was first class and made him feel at home.

"I love the little saying 'you're welcome' and we feel it."

Weightlifting sport gives disabled man purpose in life

By Linda Wright

At 18, most teens think about graduating and looking forward to the future. But for one young man his dreams crashed after a drunk driving accident left him brain damaged.

Ten years ago, Glen Luckham of British Columbia was seriously injured after the car he was a passenger in crashed. He was in a coma for four months, and his injuries resulted in cerebral palsy.

But Luckham rebuilt his life, and today competes in powerlifting competitions.

He was recently in Kitchener-Waterloo at the Albert McCormick Arena as a competitor in the Ontario Games for the Physically Disabled.

Luckham competed in the powerlifting category for persons with cerebral palsy (CP).

Jack Hatch, Luckham's coach, said after the accident the doctors didn't expect Luckham to live.

After coming out of the coma, Luckham weighed only 98 pounds. Inactivity caused him to balloon to 238 pounds, but today he weighs in at a muscular 150 pounds.

"He looks like a Greek Adonis," says Hatch.

Hatch met Luckham in the hospital and got him interested in weightlifting in the Canada Games Room, in New Westminster, B.C.



Glen Luckham, with cerebral palsy, competes in the powerlifting competition held July 16 at Albert McCormick Arena.
(Photo by Linda Wright)

Hatch says now when Luckham looks in the mirror he likes what he sees and weightlifting gives him a purpose in life. "Glen is very dedicated to weightlifting," adds Hatch.

Luckham laughingly asks himself if he is dedicated, stupid or stupidly dedicated. He can lift 250 pounds for two repetitions and 1,600 pounds on the leg presses for two repetitions.

He won a silver medal and came in second in the World Games for the Physically Disabled in Nottingham, England. He has also competed in Marbella, Spain and Dubai, United Arab Emirates.

Along with weightlifting,

Luckham keeps busy speaking to high school students about the dangers of drinking and driving.

Luckham asks the students "What is the worst thing that could happen to you?" The students' response is death.

Luckham says that the worst thing is living with a disability. He says your mind says one thing and your body says another and it's very frustrating.

After the accident, Luckham wished he had died. At 18, he had to learn everything over again. Not being able to talk was awful, he says.

"If I can save just one life, then it is all worthwhile."

Federal student program offers 10,000 jobs

By Brian Gall

According to the Web site for the Federal Student Work Experience Program, 90,000 full-time high school, college and university students apply for the 10,000 available positions.

Those chosen will have the opportunity to learn about the federal government, though that is not the sole purpose of the program.

Chris Bates, co-ordinator of K-W's Human Resource Centre for students, said there is never a shortage of applications for the government program.

"It is very popular in this region. There are a lot of people who qualify."

He added that the program also serves an educational purpose along with seeing how the government works.

"They (students) gain real work experience that involves a lot of teamwork."

Departmental programs include opportunities in national defence, Revenue Canada, the Canadian Coast Guard and citizenship and immigration, among others.

Although there is no deadline for applying to the general listing, certain departments access the record earlier than others.

A computerized national inventory of students seeking a

job with the federal government is the core of the program. This inventory is administered by the Public Service Commission of Canada.

Hiring departments, offering student positions, submit a request to the commission to begin the selection process. After a search is conducted, students are chosen at random by the computerized system, in order to offer equal access.

The commission then contacts candidates by phone to check on their interest and availability. (They usually refer five names for each job opportunity.) Finally, departments contact students and assess them either by phone or in person.

To be eligible you must be a full-time secondary or post-secondary student in an accredited institution who is returning to studies in the next academic term, and must meet the minimum age requirement to work in the province where the job exists.

Preference is given to Canadian citizens.

Students who are in their last year of school are eligible to work part-time until the completion of their last academic term.

Departments may ask you to provide proof that you meet these requirements.

Nursing grad achieves childhood dreams

By Lindsay Gibson

We all have childhood dreams and most of us outgrow them by the time we hit puberty, while others never stop dreaming and work towards making them a reality. Conestoga College nursing graduate Sabrina Hartman, has already fulfilled all her dreams and more at the age of 22.

Growing up, Hartman talked about becoming a nurse with her grandmother, who lost a son to leukemia at the age of nine.

"She always told me I would make a good nurse and said I reminded her of the nurses her son had," Hartman said.

She attended the three-year nursing program at the Doon campus right after high school in 1996. She said some courses were harder than others, but the hardest part was doing independent work like her pathophysiology class, where there wasn't an assigned teacher.

Hartman graduated on May 7, 1999 and represented her graduating class as co-vaedictorian. She immediately began working part-time at St. Mary's Hospital in Kitchener as a registered nurse on the palliative care/medical floor, where she helps patients with end-stage cancer and other diseases in the final stages. She works on the floor where most deaths occur in the hospital, but Hartman said not all of the patients on her floor die.

"Some come in for pain control and comfort management and go home again," Hartman said she learned a lot at Conestoga, but dealing with death and dying is something her teachers couldn't quite prepare her for.

She said it's been fine and she relies on her support

system of staff, family and friends.

"I've learned it's OK to be upset and shed a few tears," she said.

People often ask Hartman how she can be a nurse, changing bedpans and cleaning up other people's waste.

She says looking at how the patient must feel about not being able to care for himself or herself helps her to relate to them and makes her job easier.

At St. Mary's, Hartman is part of a team of other registered nurses (RNs) and registered practical nurses (RPNs). As an RN she assesses patients and develops care plans, deciding if the patient requires physiotherapy, for example, and establishes goals for the

individual. She also oversees the RPNs who do the majority of the practical nursing and helps them out when she has time.

"It is all a team effort," said Hartman.

Being a nurse in a hospital means working either day shift 7 a.m. to 3 p.m., afternoon shift 3 to 11 p.m., or evenings 11 p.m. to 7 a.m. Hartman likes working evenings because there is more responsibility and problem solving involved when the doctors are not around.

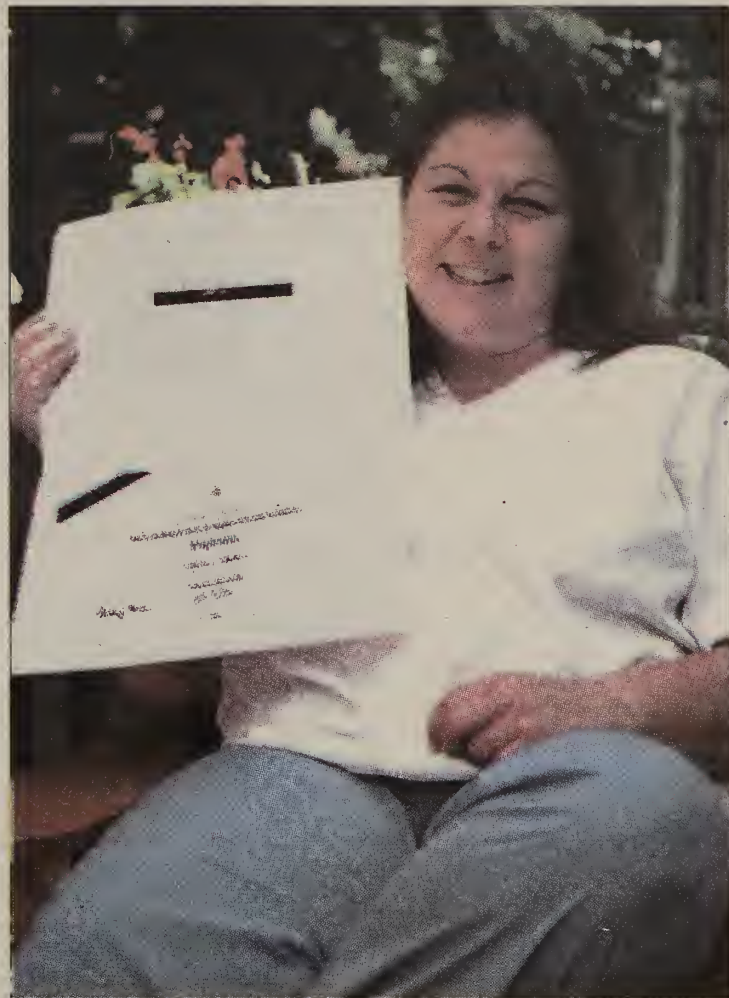
"I hate getting up in the morning, too," she said.

Becoming a nurse is a dream come true for Hartman, who will be attending the University of Western Ontario in London in the fall to take her bachelor of science and nursing degree. As far as goals beyond finishing her degree, Hartman said she isn't sure yet.

"I just want to try different areas of nursing and maybe teach one day down the road."

"I've learned it's okay to be upset and shed a few tears."

Sabrina Hartman, Conestoga College nursing graduate



Nursing graduate, Sabrina Hartman proudly holds her diploma. She is currently working part time at St. Mary's Hospital.

(Photo by Lindsay Gibson)

Quebec nurses at point of no return

Dean of Health Sciences and Community Services says nurses deserve 6 per cent

By Angela Clayfield

Striking nurses in Quebec cannot turn back now because they deserve what they are asking for, says Bill Jeffery, dean of health sciences and community services.

The nurses are asking for an immediate 10 per cent catch-up pay increase and another six per cent over two years. Quebec Premier Lucien Bouchard will not budge on his offer of five per cent over three years.

The strike began on June 26 and a two-day truce was called on July 13 and 14 so negotiations could take place with the Quebec government.

The strike became illegal when the 47,500 nurses defied back-to-work legislation.

"If that's what they have to do to make their point then I think it's fine that they do that," Jeffery says.

A registered practical nurse in Ontario, who has less responsibility than a registered nurse (RN), makes more money than a registered nurse in Quebec. An RN in Quebec can make up to \$44,072, just off the national average.

"When you start looking at the hourly rate for these people, we're talking \$16 to \$23 an hour," he says. "That's unbelievably poor."

Nurses, whom Jeffery describes as the backbone of the health-care system, put in up to 24 hours in one shift with a mountain of

responsibility. He says no one else works that many hours with that much responsibility and gets paid as poorly. He says Bouchard has put the nurses into a professional dilemma, meaning they have been forced to choose between higher wages and the health and safety of their patients.

"No nurse wants to compromise the health and safety of their clients (patients)," he says. "It would be awful for any nurse in the province of Ontario to stand out in front of (a hospital) when they know that the clients need to be cared for. That is the worst possible professional dilemma... and yet they have to do it."

Jeffery says most patients are probably willing to put up with not receiving proper health care during such a strike. Eventually the pressure will get to either the Quebec government or the nurses, he says, because the health system cannot fall too far behind.

He adds that when the strike finally ends, there will be such a backlog of surgeries and diagnostic procedures like X-rays and CAT scans that the government will have to hire more nurses to make up for the overload.

He says in nursing, a passion for caring for patients is important but it can't be everything.

"You can care for so long and then it doesn't matter anymore," he says. "You have to be

properly compensated."

The problem is not just with nurses in Quebec. Ambulance technicians have threatened to go on strike as well.

He says the government of Quebec has either put nurses at the bottom of the priority list or every-

one in Quebec is underpaid.

"Unfortunately that government, unlike other governments in Canada, has not recognized the importance of treating nurses with appropriate salaries."

Nurses in Quebec do not write the Canadian national examina-

tion, meaning, if a nurse from Quebec wanted to work in Alberta they would have to take the exam to prove their competency.

However, "they do the same thing in Quebec as we do here," Jeffery says. "Why would they not be paid a fair salary?"

Patience is a virtue



Lineups were long at the Registrar's Office July 13 as students waited to pay their tuition prior to the July 14 deadline.

(Photo by Lindsay Gibson)

Emotions hit harder than a hockey puck

By Lesley Turnbull

The puck glided across the ice at a tremendous pace, picking up more speed as it was shot into the air.

In slow motion, the spectators swivelled their heads to the left, and watched with intensity as the puck travelled towards the home team's bench. In seconds, the puck slammed into the face of Teresa Bricker, the hockey manager for the Conestoga Condors.

The sound of impact was sickening. At first it was a soft sound, as it hit the skin, and then a loud crack followed as it found the bone.

However, even more horrendous was the sound of Bricker's screams as she realized what had just happened to her. Blood rushed from her nose and Bricker cradled her face in her hands.

"I freaked out, screaming like in an old-fashion horror movie," she said, recalling the March 19 accident.

Everyone behind the bench moved at once. Minutes after the accident, Bricker was rushed to hospital in an ambulance. She had a broken nose and two chipped teeth and required stitches to close the dime-sized hole where flesh used to be.

"I'm very lucky," said Bricker. "I could have lost an eye, dislocated my jaw, received brain damage, or been killed if the puck had hit anywhere else on my face."

Her parents were waiting with two of her friends, Laurie Campbell and Danielle Lanneville, at St. Mary's Hospital.

"It (the accident) made me realize how important friends are," Bricker said.



Teresa Bricker, just after the accident.
(Photo courtesy of the Bricker family)

When Bricker arrived at the hospital all she was worried about was what the score was back at Conestoga College, where the second last game of the season was being played during the national playoffs.

"I was upset because I was missing the game," she said.

The next morning the Cambrian team sent her flowers. The Conestoga coach also called to see how she was doing.

"I really appreciated people stopping by the house and calling. When you have such a scare, you really appreciate what you have a lot more," said Bricker.

The Conestoga Condors hockey team won the game that day and went on to the gold round to win silver in the Nationals. Bricker, the manager of the Condors since September of 1997, went to watch them win in the last few minutes of play.



Teresa Bricker, four months later at the hockey arena.
(Photo by Lesley Turnbull)

She had taken Tylenol 3 and was extremely nauseous, but she didn't want to miss seeing the Condors' last game of the season.

Walter Gretzky, Wayne Gretzky's father, had witnessed Bricker's accident the day before and approached her.

"He said he had been worried all night and was glad to see I was OK," said Bricker.

After the accident, she was more concerned about her teeth than her nose.

"I had to wait weeks to get them fixed because they were loose and sensitive."

On her first day back to school, Bricker felt like an alien.

"People would glance and quickly look away and look back again. I knew they were just curious but I felt like a freak."

Bricker said she lost an enormous amount of self-esteem after the accident.

"I didn't want my picture taken and I felt like I didn't belong at a bar or a club. I figured if I did catch a guy looking at me it was because of my scars and not because he thought I was attractive," she said.

The accident made her realize how fast life can change or end.

"Life's too short," said Bricker.

She felt her doctor did an amazing job and the scar on her nose is healing fast and is hardly noticeable now.

"I still have trouble breathing through my nose," she said. "I have to sleep with my mouth open and eating takes me longer than before."

The doctor had told her that if she had any problems she should see a doctor, but Bricker said she doesn't want to have a specialist look at it now.

"I'm afraid they'll want to take out cartilage or put tubes in and I don't want any more needles or scars," said Bricker.

She had decided earlier in the year that the '98/'99 season would be her last with the team.

"This just solidified my decision," she said.

She said she had gone two years with several close encounters with sticks and pucks.

"Before the game I had even thought about how lucky I was to make it through two seasons without injury," said Bricker. "I guess I jinxed myself."

Although she had been content with her looks before the accident, she realized how much she had taken them for granted.

"You never appreciate what you have until it's almost taken away," she said. "That goes for anything in life."

University of Toronto nudists say they have nothing to hide

By Brian Gall

Though it was -5 C outside, Thomas Lundy offered to pose for a nude photo in broad daylight. The founder of Canada's first campus nudist group, the University of Toronto Naturists (UTN), had just finished an interview with another university newspaper when the journalist requested a photo for the story.

"So I said, 'Why not get a nude shot of me?'" the 26-year-old asked. The full-frontal picture appeared in Ryerson Polytechnic University's paper as part of Lundy's attempt to spread the word about UTN.

The club is not even a year old, having only started in September of 1998, but Lundy has been practising for years and says it's a habitual thing now. While studying in Europe he learned of a Dutch group that has been around since 1967. JNSN is a national student group that engages in similar activities as UTN, but is much larger, with thousands of members. While in Europe in 1994 Lundy became a member of the Dutch group and continues to renew his membership. While there he also attended events in France and England.

He found starting a group of his own to be fairly easy. Filling out the paperwork to become a campus club and asking the faculty of education to use their facilities for co-ed nude swimming were the only obstacles. When the request

OFF CAMPUS

was granted, he scheduled swims for every month from September until the present.

Their first event was a nude volleyball game that attracted 37 participants. Everyone involved so far has had nothing but positive comments, though the participation level has been modest. About 12 people attend every swim, the club's main event.

He has a theory as to why there have never been any disturbances.

"The reason it has all been so positive is because when you're nude you have nothing to hide."

He said a whole different dynamic would be brought in if he allowed people to wear clothes and just watch club meetings.

"The real crazies, the perverts and everything, never come because they would be in a position where they can't hide from who they really are."

One of the reasons UTN was started was to educate, so people would try it and see nudity is not really a big deal and not the least bit sexual. The average age of members is 25 and up. There are always more men at swims.

Lundy guesses few women participate because of the way they are portrayed by the media. He believes women feel they must look like the digitally-enhanced revealing pictures of models and therefore have less self-confi-

dence.

Word has definitely spread about UTN since its conception. In the beginning, Lundy advertised by putting up hundreds of posters on campus, creating a Web site and being mentioned on U of T's radio station. Since then, the club has been covered in The National Post, The Toronto Star and Campus Canada magazine. Lundy has also been interviewed by nine U.S. radio stations as well as one in New Zealand.

And he turned down an offer to appear on The Late Show with David Letterman. Though three days in New York with all expenses paid was tempting, Lundy says making a wacky video of him and his swimmers was not what he had in mind.

Taking a positive, humorous attitude along with him on his quest, Lundy said he finds the idea of people being uptight about nudity comical.

"I think it's funny because if I had a swimsuit on, which only hides about five per cent of the body, I wouldn't be considered nude. And it just seems like it's right out of a Monty Python film. It seems so funny."

While he was dancing to music accompanied by bongo drums at a yoga club recently, Lundy was so hot he told the owner he felt like getting naked. She wouldn't go for that although she allowed him to take his shirt off.

"But maybe next time, who knows," he said.

Cranking out killer riffs



Bassist Adam Webb, a third-year accounting student at Conestoga College, played with Wax Elvis during the Frisbee-throw event for Kitchener-Waterloo Career Connections on July 16.

(Photo by Anna Sajfert)

Building relationships

Director of development seeks college links with industry and government

By Brad Dugard

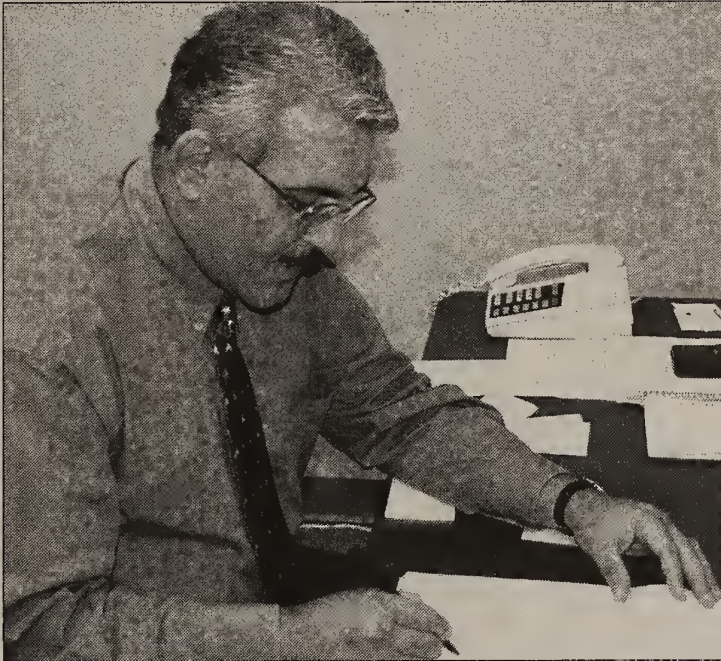
Building relationships is what Mohamed Hamoodi does best. That is why Conestoga College hired him nine weeks ago.

His new job as director of development requires him to form relationships between private industry, government and the college.

These partnerships create a win-win situation for everyone involved, he said. Conestoga gets the necessary cash to grow, industry gets highly qualified graduates to hire, and the government gets bragging rights on the success of the projects.

Hamoodi said these partnerships are the key to Conestoga's success.

"If the college ties the knot — establishes good ties with the public and private sectors — then graduates will be recognized and will be networked to land a job," he said.



Mohamed Hamoodi, director of development at Conestoga College, works in his office. (Photo by Brad Dugard)

"This is one of the main tasks of my job here." Hamoodi, who emigrated from Iraq to Canada in 1988, is keenly aware of the importance of partnerships

after having worked for Andrew Telegdi, MP for Kitchener-Waterloo, in Ottawa, for four years before joining Conestoga.

"The government wants us to succeed but they don't want to be handing us money all the time," he said. "If we can access some funds that will go to expand and modify some of the college's programs that is where I come in... to lobby on behalf of the college at the federal level (of government)."

In Hamoodi's case, lobbying is selling the merits of the college to the government officials that hold the purse strings.

He said there are a few college projects that have been approved because of the college's good reputation with the governments (federal and provincial): primarily the new Information Technology centre at the Waterloo campus and the machine shop at the Guelph campus.

He said his new job is really about defining the way colleges,

governments and employers cooperate in the future.

"We can't operate independently from one another. We are in this together. We have to find a way to work together and that is really the key to (Conestoga's) success," he said.

The best way to get money, Hamoodi said, is to maintain a high level of success at the college and be willing to form alliances with the private sector.

"I think once you prove to those who are in a high position that the only option is to work together, I think wisdom will prevail."

He said he does not have one specific goal in mind when he thinks of his future at Conestoga; instead, he has a general principle that guides his course through life.

"My goal is to face, confront and succeed in every challenge I face. I don't have a dream of being vice-president or president. My goal always is to look for the challenge, face the challenge and win it."

Photo expert offers advice

By Angela Clayfield

Ethics, camera tricks and really good equipment.

These are the basics needed to be a good photographer, said Matt McCarthy, who has been taking pictures for The Record for 21 years.

Really good equipment is helpful because with a large lens you don't have to invade people's privacy by getting in their face he said

during a presentation to a press photography class at Conestoga College.

The Loyalist College graduate reminded the students they won't always feel good about what they are shooting, especially at accident scenes, but it has to be done because it's their job.

McCarthy says once he has pushed through a crowd of onlookers to get a shot, spectators sometimes make him feel

like a "big friggin' ghoul," but he finds they leave him alone if he tells them he's just doing his job and occasionally asks for their excuse (for being there).

"That will shut them up pretty fast," he said.

In his job McCarthy takes pictures of everything from news to food.

Taking pictures of food may not seem too difficult, but there are just as many tricks to shooting food as there are to shooting fashion, he said.

"The key is not to make the food look like vomit," he said. This is achieved by using soft light and colourful plates and garnish.

McCarthy shared a few essential tips with the up-and-coming photographers that will allow them to go home happy at the end of the day.

First, come back to the newsroom with more than a headshot, he said. The point is to show the reader who the person is and what they do. "If you can do this, you can say, 'I did a good job.' You can go home happy."

Second, a good thing to remember is that some people don't like photographers and they get angry. He said it's often a good idea, when shooting incidents like a house fire, car accident or disaster, that you let them know you're there and sometimes they won't care.

Lastly, he says, if you can get a picture that's kind of cool, why not do it?

"They (accident photos) are not about the car that's been crunched," McCarthy said. "They're about the people."



Record photographer Matthew McCarthy gives a few tips to a second-semester photography class at Conestoga College. (Photo by Angela Clayfield)

Obstacles in life make student more dedicated

By Andrea Jesson

Most students find it hard to handle their own lives while in school, but Shawn Bradshaw, husband and father of two, said without the support of his wife, another year at Conestoga would be out of the question.

"If she wasn't behind me I wouldn't even consider coming back," said Bradshaw, a second-year law and security administration student working on construction at the college this summer. "It (college life) is financially, physically and mentally draining."

Being the eighth out of nine children, Bradshaw knows the importance of family and has recently learned that the cost of living while being a student, husband and father is a task most other students don't experience.

"It's not the tuition fee, I think it's reasonable," said Bradshaw. "It's the \$30,000 that could accumulate for living expenses."

The balancing act between college and family is the biggest challenge for Bradshaw so far. However, he said he is determined to complete the program one way or another.

"Trying to juggle her (his wife's) schedule and mine has been really hard," he said.

Whether it's correspondence or night school, Bradshaw said he'll finish the required courses to get his diploma. However, he may

have to take the courses one at a time and therefore it will take much longer. Despite the pressure, Bradshaw works part time at Canaan Construction while he's in school, but only when his schedule allows.

"I'll work once in a blue moon, but not on a regular basis," he said.

His summer jobs involve renovation at the college and construction and expansion at Price Costco in Kitchener.

As far as his professional aspirations, Bradshaw said over the last few years he has been considering a career in private investigation.

He said starting his own investigation company is a goal he'd like to pursue and admits that working in the private sector is much more interesting and the money is good. Most LASA students take the same path in their second and last year in the program rather than policing because it is much more appealing, Bradshaw said.

He realizes starting his own private investigation company will take time and feels it is necessary to improve his education by taking some part-time business courses.

Although he feels his ambitions are high, how he deals with the obstacles of life will determine his future in the LASA program at Conestoga College.

"So far I'm scheduled to come back in September," he said. "And I will be, unless I'm a last minute pull-out."

"It's not the tuition fee, I think it's reasonable."

Sean Bradshaw,
second-year LASA student

Nightingales sing at city hall

By Anna Sajfert

They are young, talented and they sing like nightingales.

The Dutch Nightingales celebrated their 60th anniversary at Kitchener City Hall July 17 with an outdoor concert.

About 50 people came to hear and watch the European choir of Oosrerhour, Holland, sing and dance in the summer heat.

These children are absolutely marvelous. They sing like angels.

Caroline Parks
volunteer organizer



Even though the temperature rose to 30 C by 3 p.m. Friday afternoon, the spectators held firm in their seats while 45 choir members, between 10 and 20 years of age, sang in 10 different languages including English, Dutch, French, Russian, Polish, Italian and German. It was their seventh visit to Kitchener-Waterloo.

Caroline Parks, volunteer, organizer and their biggest fan, said the group consists of top-ranking members only.

"In the three graduating ranks, where there are Finches, Tirmouses and Nightingales, it is only the last 'bird' that gets to travel and sing to the world," she said.

"These children are absolutely marvelous," she said, her eyes lit with passion. "They sing like angels."

Currently the top-ranking choir, the

Nightingales practise three times a week, two hours a day. They have performed in most major European cities, including Vatican City, and have travelled as far as Iran and Iraq.

"They sing everywhere they go," Parks said, adding the simplest of the choir's good manners include singing to people who offer them their services such as to restaurant managers and bus drivers.

"They greeted Mayor Carl Zehr with the song We're Much Obligated," Parks said, adding the mayor met with the Nightingales and group volunteers Thursday night.

The Nightingales cover their travel expenses through part-time jobs, and most importantly, through profits collected from selling their CDs and tapes at concerts.

Also, they receive gifts from the cities of Holland, and collect other goodwill donations.

"There are financial struggles always," said Tony Schoones, who has been the choir's director since 1972.

While the Nightingales may collect approximately \$1,000 at a concert in Holland, the majority of their performances feature a goodwill offering, he said.

"It's never been about the money, and it's not about money," said Parks, adding the choir's performances are just gestures of goodwill.

She said they mostly worry about finding local families to care and house the children.

Parks said before she began organizing the group's Kitchener-Waterloo events, another company was supervising the Nightingales.

"It was a disaster." She heard on the radio about the for-

mer organizer's shortfalls such as failure to provide food necessities and adequate sheltering.

"That's when I said to myself, 'I could do a better job organizing than that.' I love to help. You always get blessed (for helping others)."

The organizers ran into minor frustrations when two local families cancelled.

"We scrambled for housing, but it worked out in the end," she said. "For example, one family in New Hamburg has decided to care for six choir members."



Dorith and Jan Langeweg perform the Ethnic Shoe Dance at the Dutch Nightingales concert.
(Photo by Anna Sajfert)

Big Daddy soundtrack lacking talent

By Angela Clayfield

ALBUM REVIEW

☆☆☆☆

Big Daddy soundtrack

If the songs on the Big Daddy soundtrack are any indication of the quality of the movie, I hope Adam Sandler has some cash stored away to make up for the loss.

After just one spin, I had to promise myself I would never listen to it again. It's proof that most of the music industry is too busy to come up with an original soundtrack.

After just one spin, I had to promise myself I would never listen to it in its entirety again.

Sheryl Crow has forever ruined my ability to enjoy Sweet Child of Mine, originally done by Guns 'n' Roses. Somehow it's just not the same without a guitar solo from Slash and the screech of Axle Rose's voice. Sorry, Sheryl, you just can't compete with that.

The majority of the album is an attempt to put new spins on old songs. But there seems to be too little (or way too much) effort put into it, with the result being as effective as a broken top.

The only remake that is a slight improvement is Shawn Mullins's version of What is Life? written by George Harrison.

I'm not a professional musician and you may only catch me singing if I don't think anyone is around, but there is one thing I do know: open your mouth when you sing Rufus Wainwright. Or should I say Bob Dylan, it's hard to tell.

The one surprise, a different sound from Spice Girl Melanie C. Until now I have never heard her voice accompanied by anything heavier than Bryan Adams and he's gone soft in his old age.

The mental images created by the songs are perfect for the Adam Sandler flick, from montage to a quiet moment in the dark. The soundtrack gives a good indication of how the movie unfurls. If I hadn't known this music went with the movie, the idea of boy meets girl etc. might have crossed my mind. With the exception of Limp Bizkit's Just Like This. No romantic boy meets girl imagery there.

The album features dialogue from the motion picture. All of it, was designed to be funny or to remind the listener of that part of the movie, but Sandler's dialogue, though typical of the characters he plays, isn't really funny unless you've seen the movie.

So in the words and gestures of Adam Sandler himself as seen in Billy Madison, thumbs down (raspberry).

Eyes Wide Shut disappointing tale of despair

By Brad Dugard

MOVIE REVIEW

☆☆☆☆

Eyes Wide Shut

If your goal in life is to see Nicole Kidman in the buff, and I know it is, go see Eyes Wide Shut, the newest and final instalment in director Stanley Kubrick's long and distinguished career. However, if you want to see a good Kubrick film you had better head to the video store because you won't find it playing at your local Famous Players.

Kubrick has, in his other films, awakened emotion in the viewer — emotion that is absent from this movie.

In 2001: A Space Odyssey, a sense of wonder enveloped the viewer as surreal scenes transported the audience into the future. In Full Metal Jacket, the viewer was taken back to a time and place where men became animals and because of that transformation a generation was lost.

Each of Kubrick's films was deemed a ground-breaking film; that is, until this last curtain.

Eyes Wide Shut is a sexually charged thriller starring Tom Cruise as Dr. William Harford, a man tortured by desire and torn by jealousy. His wife, played by Cruise's real wife, Nicole Kidman,

is a seductively beautiful temptress who purposefully sends her husband to the brink of insanity with her wily ways.

Set in New York amid the "squalor" of the upper west side, the movie takes the viewer on a twisted journey through the depths of human corruption — drugs, sexual depravity, and the corruption of absolute power — with the intent of showing the viewer the lengths to which man can go to feel acceptance.

While Kidman's performance may win her an Oscar, Cruise plays his normal stolid self —

wooden in the first half of the movie and unconvincing in the second half. Kidman, however, is truly believable. Many men in the theatre squirmed in their seats as she described, to her husband, her all-consuming attraction to a young naval officer. That description is the catalyst for Cruise's descent into darkness.

While Cruise's acting is wooden and awkward, Kidman's is graceful. Unfortunately, the chemistry Kubrick hoped to acquire by using a husband and wife team is absent.

However, this is not to say that

Kubrick did not intend for the audience to be slightly confused.

Being a master of psychologically twisted films that explore the human mind, Kubrick likely wanted a certain amount of confusion and un-realism within Cruise's character.

This film is not for everyone. If you are looking for a light-hearted night at the theatre with no thinking required this movie should not be on your list.

If, however, you want to see and judge for yourself the work of one of the finest filmmakers ever, then go see Eyes Wide Shut.

